

WE ARE
MACMILLAN.
CANCER SUPPORT

'I FOUND A MOLE ON
THE BACK
OF MY KNEE.
IT DIDN'T
LOOK RIGHT,
SO I WENT TO MY GP.'

Philip



People with fair skin that freckles and burns in the sun are at a higher risk of getting a type of skin cancer called melanoma. You can reduce your risk by taking care in the sun and not using sunbeds.

More than 13,000 people in the UK are diagnosed with melanoma each year. It is one of the most common cancers in people aged 15–34, but you can get it at any age.

Knowing what changes to look for and when to see your doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your doctor straight away if you notice a new mole, a change in an existing mole, or a change in your skin. Always see your doctor if you have a mole that:

- is changing in size, shape or colour
- is not symmetrical
- has a border with jagged edges
- is more than one colour or shade of brown
- is wider than 7mm (about the size of the blunt end of a pencil)
- tingles or itches
- bleeds or is crusty.

You should also see your doctor if you have changes in a nail, such as:

- a new, dark-coloured stripe along part of the nail
- something growing under the nail.

These symptoms can be caused by things other than melanoma. But don't try to diagnose yourself – see your doctor. If you do have melanoma, the sooner it's found, the better the chance of successful treatment.

You are not wasting your doctor's time by getting your symptoms checked.

When it is found early, melanoma can usually be cured with a simple treatment.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**